

Selfish Reasons To Have More Kids Why Being A Great Parent Is Less Work And More Fun Than You Think

We've needlessly turned parenting into an unpleasant chore. Parents invest more time and money in their kids than ever, but the shocking lesson of twin and adoption research is that upbringing is much less important than genetics in the long run. These revelations have surprising implications for how we parent and how we spend time with our kids. The big lesson: Mold your kids less and enjoy your life more. Your kids will still turn out fine. *Selfish Reasons to Have More Kids* is a book of practical big ideas. How can parents be happier? What can they change -- and what do they need to just accept? Which of their worries can parents safely forget? Above all, what is the right number of kids for you to have? You'll never see kids or parenthood the same way again.

"A fine achievement."--Peter Singer, author of *The Life You Can Save* and *The Most Good You Can Do* A sweeping psychological history of human goodness -- from the foundations of evolution to the modern political and social challenges humanity is now facing. How did humans, a species of self-centered apes, come to care about others? Since Darwin, scientists have tried to answer this question using evolutionary theory. In *The Kindness of Strangers*, psychologist Michael E. McCullough shows why they have failed and offers a new explanation instead. From the moment nomadic humans first settled down until the aftermath of the Second World War, our species has confronted repeated crises that we could only survive by changing our behavior. As McCullough argues, these choices weren't enabled by an evolved moral sense, but with moral invention -- driven not by evolution's dictates but by reason. Today's challenges -- climate change, mass migration, nationalism -- are some of humanity's greatest yet. In revealing how past crises shaped the foundations of human concern, *The Kindness of Strangers* offers clues for how we can adapt our moral thinking to survive these challenges as well.

In *Selfish Reasons to Have More Kids*, contrarian economist Bryan Caplan argues that we've needlessly turned parenting into an unpleasant chore, and don't know the real pluses and minuses of having kids. Parents today spend more time investing in their kids than ever, but twin and adoption research shows that upbringing is much less important than we imagine, especially in the long-run. Kids aren't like clay that parents mold for life; they're more like flexible plastic that pops back to its original shape once you relax your grip. These revelations are wonderful news for anyone with kids. Being a great parent is less work and more fun than you think—so instead of struggling to change your children, you can safely relax and enjoy your journey together. Raise your children in the way that feels right for you; they'll still probably turn out just fine. Indeed, as Caplan strikingly argues, modern parents should have more kids. Parents who endure needless toil and sacrifice are overcharging themselves for every child. Once you escape the drudgery and worry that other parents take for granted, bringing another child into the world becomes a much better deal. You might want to stock up.

Is it possible to venture beyond daily living and experience heightened states of awareness? Deepak Chopra says that higher consciousness is available here and now. "Metahuman helps us harvest peak experiences so we can see our truth and mold the universe's chaos into a form that brings light to the world."—Dr. Mehmet Oz, attending physician, New York—Presbyterian, Columbia University New York Times bestselling author Deepak Chopra unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities. How does one do this? By becoming metahuman. To be metahuman, however, isn't science fiction and is certainly not about being a superhero. To be metahuman means to move past the limitation constructed by the mind and enter a new state of awareness where we have deliberate and concrete access to peak experiences that can transform people's lives from the inside out. Humans do this naturally—to a point. For centuries the great artists, scientists, writers, and many so-called ordinary people have gone beyond the everyday physical world. But if we could channel these often bewildering experiences, what would happen? Chopra argues we would wake up to experiences that would blow open your body, mind, and soul. Metahuman invites the reader to walk the path here and now. Waking up, we learn, isn't just about mindfulness or meditation. Waking up, to become metahuman, is to expand our consciousness in all that we think, say, and do. By going beyond, we liberate ourselves from old conditioning and all the mental constructs that underlie anxiety, tension, and ego-driven demands. Waking up allows life to make sense as never before. To make this as practical as possible, Chopra ends the book with a 31-day guide to becoming metahuman. Once you wake up, he writes, life becomes transformed, because pure consciousness—which is the field of all possibilities—dawns in your life. Only then does your infinite potential become your personal reality.

From Dr. Amy Blackstone, childfree woman, co-creator of the blog *we're {not} having a baby*, and nationally recognized expert on the childfree choice, comes a definitive investigation into the history and current growing movement of adults choosing to forgo parenthood: what it means for our society, economy, environment, perceived gender roles, and legacies, and how understanding and supporting all types of families can lead to positive outcomes for parents, non-parents, and children alike. As a childfree woman, Dr. Amy Blackstone is no stranger to a wide range of negative responses when she informs people she doesn't have--nor does she want--kids: confused looks, patronizing quips, thinly veiled pity, even outright scorn and condemnation. But she is not alone in opting out when it comes to children. More people than ever are choosing to forgo parenthood, and openly discussing a choice that's still often perceived as taboo. Yet this choice, and its effects personally and culturally, are still often misunderstood. Amy Blackstone, a professor of sociology, has been studying the childfree choice since 2008, a choice she and her husband had already confidently and happily made. Using her own and others' research as well as her personal experience, Blackstone delves into the childfree movement from its conception to today, exploring gender, race, sexual orientation, politics, environmentalism,

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and feminism, as she strips away the misconceptions surrounding non-parents and reveals the still radical notion that support of the childfree can lead to better lives and societies for all.

Selfish Reasons to Have More Kids Why Being a Great Parent is Less Work and More Fun Than You Think Basic Books (AZ)

Discover how Dutch parents raise The Happiest Kids in the World! Calling all stressed-out parents: Relax! Imagine a place where young children play unsupervised, don't do homework, have few scheduled "activities" . . . and rank #1 worldwide in happiness and education. It's not a fantasy—it's the Netherlands! Rina Mae Acosta and Michele Hutchison—an American and a Brit, both married to Dutchmen and raising their kids in the Netherlands—report back on what makes Dutch kids so happy and well adjusted. Is it that dads take workdays off to help out? Chocolate sprinkles for breakfast? Bicycling everywhere? Whatever the secret, entire Dutch families reap the benefits, from babies (who sleep 15 hours a day) to parents (who enjoy a work-life balance most Americans only dream of). As Acosta and Hutchison borrow ever-more wisdom from their Dutch neighbors, this much becomes clear: Sometimes the best thing we can do as parents is . . . less!

How to Raise Kids Who Aren't Assholes is a clear, actionable, sometimes humorous (but always science-based) guide for parents on how to shape their kids into honest, kind, generous, confident, independent, and resilient people...who just might save the world one day. As an award-winning science journalist, Melinda Wenner Moyer was regularly asked to investigate and address all kinds of parenting questions: how to potty train, when and whether to get vaccines, and how to help kids sleep through the night. But as Melinda's children grew, she found that one huge area was ignored in the realm of parenting advice: how do we make sure our kids don't grow up to be assholes? On social media, in the news, and from the highest levels of government, kids are increasingly getting the message that being selfish, obnoxious and cruel is okay. Hate crimes among children and teens are rising, while compassion among teens has been dropping. We know, of course, that young people have the capacity for great empathy, resilience, and action, and we all want to bring up kids who will help build a better tomorrow. But how do we actually do this? How do we raise children who are kind, considerate, and ethical inside and outside the home, who will grow into adults committed to making the world a better place? How to Raise Kids Who Aren't Assholes is a deeply researched, evidence-based primer that provides a fresh, often surprising perspective on parenting issues, from toddlerhood through the teenage years. First, Melinda outlines the traits we want our children to possess--including honesty, generosity, and antiracism--and then she provides scientifically-based strategies that will help parents instill those characteristics in their kids. Learn how to raise the kind of kids you actually want to hang out with--and who just might save the world.

Ayn Rand here sets forth the moral principles of Objectivism, the philosophy that holds human life--the life proper to a rational being--as the standard of moral values and regards altruism as incompatible with man's nature, with the creative requirements of his survival, and with a free society. More than 1.3 million copies sold!

Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious man known as the Giver, who reveals the dark secrets behind the utopian facade.

'A practical guide that will reclaim your time, energy and self-belief' —Stylist '[A] smart guide to setting boundaries...While the wise counsel will be tough love for some, those willing to put in the work will get much out of this.'—Publishers Weekly Do you frequently say 'yes' to people and events to keep those around you happy? Do you often find yourself emotionally exhausted and physically drained? Do people describe you as a pushover or 'too nice'? It's time to discover the joy of being selfish and reclaim your life through the art of boundaries! Life coach and influencer @scarrednotscared Michelle Elman is here to teach you the practical side of self-love. Creating and upholding strong boundaries will teach others how to treat you, rid your life of drama and toxic relationships and allow you to love yourself and others in the best way you can.

Blasting clichéd career advice, the contrarian pundit and creator of Dilbert recounts the humorous ups and downs of his career, revealing the outsized role of luck in our lives and how best to play the system. Scott Adams has likely failed at more things than anyone you've ever met or anyone you've even heard of. So how did he go from hapless office worker and serial failure to the creator of Dilbert, one of the world's most famous syndicated comic strips, in just a few years? In How to Fail at Almost Everything and Still Win Big, Adams shares the game plan he's followed since he was a teen: invite failure in, embrace it, then pick its pocket. No career guide can offer advice that works for everyone. As Adams explains, your best bet is to study the ways of others who made it big and try to glean some tricks and strategies that make sense for you. Adams pulls back the covers on his own unusual life and shares how he turned one failure after another—including his corporate career, his inventions, his investments, and his two restaurants—into something good and lasting. There's a lot to learn from his personal story, and a lot of entertainment along the way. Adams discovered some unlikely truths that helped to propel him forward. For instance: • Goals are for losers. Systems are for winners. • "Passion" is bull. What you need is personal energy. • A combination of mediocre skills can make you surprisingly valuable. • You can manage your odds in a way that makes you look lucky to others. Adams hopes you can laugh at his failures while discovering some unique and helpful ideas on your own path to personal victory. As he writes: "This is a story of one person's unlikely success within the context of scores of embarrassing failures. Was my eventual success primarily a result of talent, luck, hard work, or an accidental just-right balance of each? All I know for sure is that I pursued a conscious strategy of managing my opportunities in a way that would make it easier for luck to find me."

But all the kids are wearing them! Any child who has ever craved something out of reach will relate to this warm, refreshingly realistic story. Features an audio read-along. "I have dreams about those shoes. Black high-tops. Two white stripes." All Jeremy wants is a pair of those shoes, the ones everyone at school seems to be wearing. But Jeremy's grandma tells him they don't have room for "want," just "need," and what Jeremy needs are new boots for winter. When Jeremy's shoes fall apart at school, and the guidance counselor gives him a hand-me-down pair, the boy is more determined than ever to have those shoes, even a thrift-shop pair that are much too small. But sore feet aren't much fun, and Jeremy comes to realize that the things he has -- warm boots, a loving grandma, and the chance to help a friend -- are worth more than the things he wants.

BONUS: This edition contains an excerpt from Dr. Susan Forward's Men Who Hate Women and the Women Who Love Them.

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When you were a child... Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you are an adult... Do your parents still treat you as if you were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward drawn on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover an exciting new world of self-confidence, inner strength, and emotional independence.

There's no such thing as a bad kid. That's what a lifetime of experience has taught Dr. Stuart Shanker. No matter how difficult, out of control, distracted, or exhausted a child might seem, there's a way forward: self-regulation. Overturning decades of conventional wisdom, this radical new technique allows children and the adults who care for them to regain their composure and peace of mind. Self-Reg is a groundbreaking book that presents an entirely new understanding of your child's emotions and behavior and a practical guide for parents to help their kids engage calmly and successfully in learning and life. Grounded in decades of research and working with children and parents by Dr. Shanker, Self-Reg realigns the power of the parent-child relationship for positive change. Self-regulation is the nervous system's way of responding to stress. We are seeing a generation of children and teens with excessively high levels of stress, and, as a result, an explosion of emotional, social, learning, behavior, and physical health problems. But few parents recognize the "hidden stressors" that their children are struggling with:

physiological as well as social and emotional. An entrenched view of child rearing sees our children as lacking self-control or willpower, but the real basis for these problems lies in excessive stress. Self-regulation can dramatically improve a child's mood, attention, and concentration. It can help children to feel empathy, and to cultivate the sorts of virtues that most parents know are vital for their child's long-term wellbeing. Self-regulation brings about profound and lasting transformation that continues throughout life. Dr. Shanker translates decades of his findings from working with children into practical, prescriptive advice for parents, giving them concrete ways to develop their self-regulation skills and teach their children to do the same and engage successfully with life for optimal learning, social, and emotional growth.

"Constructive wallowing" seems like an oxymoron. Constructive is a good thing, but wallowing is bad. Right? But wait a minute; is it really so terrible to give ourselves a time-out to feel our feelings? Or is it possible that wallowing is an act of loving kindness, right when we need it most? Just about everyone loves the idea of self-compassion -- the notion that maybe in spite of our messy emotions and questionable behavior, we really aren't all that bad. In recent years there's been an explosion of books that encourage readers to stop beating themselves up for being human, which is terrific. Unfortunately, readers who aren't interested in Buddhism or meditation have been left out in the cold. Self-compassion is an everyday habit that everyone can learn, even if they a) aren't particularly spiritual, b) find most books about self-compassion too serious, or else c) have already overdosed on meditation. *Constructive Wallowing: How to Beat Bad Feelings by Letting Yourself Have Them* is the first book to cut right to the chase, bypassing descriptions of Eastern philosophy and meditation techniques to teach readers exactly how to accept and feel their feelings with self-compassion for greater emotional health and well-being ... while making them laugh from time to time. It seems that the wisdom of "keeping your friends close and your enemies closer" applies to emotions as well as people. It's tempting to turn away from menacing, uncomfortable feelings like anger, grief or regret and treat them like unwanted guests; however, ignoring them just seems to make them stick around. They lurk in the background like punks with switchblades, waiting to pounce as soon as they see an opening. By learning to accept and embrace, rather than suppress, difficult feelings, people can keep their sense of personal power and, better yet, gain greater understanding and ultimately esteem for themselves. Feeling bad can actually lead to feeling better, faster!

Presents a groundbreaking investigation into the origins of morality at the core of religion and politics, offering scholarly insight into the motivations behind cultural clashes that are polarizing America.

The author is describing the pain and suffering the world is causing by the bad decisions that people are making. The author is also explaining the reasons behind depression. The author speaks about how the world wants everyone to conform. The author's goal is to try to open up your eyes and convince the people how we can make the world better for many generations to come. The author is pointing out things that you were never aware of, the mistakes we make in society. The author talks about people who save lives and people who take lives and destroy lives. The author is describing his feelings thru these animal pictures he has placed inside the book. The author wants you to see how humans are versus animals. How happy animals can be and how positive they live their lives. The author believes we can learn a few things from animals. The author is also describing his experiences with aliens, UFOs, and his comparison of humans and aliens. The author's objective is express to the world we can learn from animals and aliens, unlike humans, that are killing one another every day. We need to change our ways.

Why we need to stop wasting public funds on education Despite being immensely popular—and immensely lucrative—education is grossly overrated. Now with a new afterword by Bryan Caplan, this explosive book argues that the primary function of education is not to enhance students' skills but to signal the qualities of a good employee. Learn why students hunt for easy As only to forget most of what they learn after the final exam, why decades of growing access to education have not resulted in better jobs for average workers, how employers reward workers for costly schooling they rarely ever use, and why cutting education spending is the best remedy. Romantic notions about education being "good for the soul" must yield to careful research and common sense—*The Case against Education* points the way.

An ethologist shows man to be a gene machine whose world is one of savage competition and deceit

"Instead of trusting kids with choices . . . many parents insist on micromanaging everything from homework to friendships. For these parents, Stixrud and Johnson have a simple message: Stop." —NPR "This humane, thoughtful book turns the latest brain science into valuable practical advice for parents." —Paul Tough, *New York Times* bestselling author of *How Children Succeed* A few years ago, Bill Stixrud and Ned Johnson started noticing the same problem from different angles: Even high-performing kids were coming to them acutely stressed and lacking motivation. Many complained they had no control over their lives. Some stumbled in high school or hit college and unraveled. Bill is a clinical neuropsychologist who helps kids gripped by anxiety or struggling to learn. Ned is a motivational coach who runs an elite tutoring service. Together they discovered that the best antidote to stress is to give kids more of a sense of control over their lives. But this doesn't mean giving up your authority as a parent. In this groundbreaking book they reveal how you can actively help your child to sculpt a brain that is resilient, and ready to take on new challenges. *The Self-Driven Child* offers a combination of cutting-edge brain science, the latest discoveries in behavioral therapy, and case studies drawn from the thousands of kids and teens Bill and Ned have helped over the years to teach you how to set your child on the real road to success. As parents, we can only drive our kids so far. At some point, they will have to

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take the wheel and map out their own path. But there is a lot you can do before then to help them tackle the road ahead with resilience and imagination.

An Economist "Our Books of the Year" Selection Economist Bryan Caplan makes a bold case for unrestricted immigration in this fact-filled graphic nonfiction. American policy-makers have long been locked in a heated battle over whether, how many, and what kind of immigrants to allow to live and work in the country. Those in favor of welcoming more immigrants often cite humanitarian reasons, while those in favor of more restrictive laws argue the need to protect native citizens. But economist Bryan Caplan adds a new, compelling perspective to the immigration debate: He argues that opening all borders could eliminate absolute poverty worldwide and usher in a booming worldwide economy—greatly benefiting humanity. With a clear and conversational tone, exhaustive research, and vibrant illustrations by Zach Weinersmith, *Open Borders* makes the case for unrestricted immigration easy to follow and hard to deny.

Argues that upbringing is much less important for development than genetics is and encourages parents to find ways to enjoy raising than children, rather than making the task a chore.

From the bestselling author of *Happiness* and co-editor of the annual World Happiness Report Most people now realise that economic growth, however desirable, will not solve all our problems. Instead, we need a philosophy and a science which encompasses a much fuller range of human need and experience. This book argues that the goal for a society must be the greatest possible all round happiness, and shows how each of us can become more effective creators of happiness, both as citizens and in our own organisations. Written with Richard Layard's characteristic clarity, it provides hard evidence that increasing happiness is the right aim, and that it can be achieved. Its language is simple, its evidence impressive, its effect inspiring.

SIXTEEN LITERARY LUMINARIES ON THE CONTROVERSIAL SUBJECT OF BEING CHILDLESS BY CHOICE, COLLECTED IN ONE FASCINATING ANTHOLOGY One of the main topics of cultural conversation during the last decade was the supposed "fertility crisis," and whether modern women could figure out a way to have it all—a successful, demanding career and the required 2.3 children-before their biological clock stopped ticking. Now, however, conversation has turned to whether it's necessary to have it all (see Anne-Marie Slaughter) or, perhaps more controversial, whether children are really a requirement for a fulfilling life. The idea that some women and men prefer not to have children is often met with sharp criticism and incredulity by the public and mainstream media. In this provocative and controversial collection of essays, curated by writer Meghan Daum, sixteen acclaimed writers explain why they have chosen to eschew parenthood.

Contributors include Lionel Shriver, Sigrid Nunez, Kate Christensen, Elliott Holt, Geoff Dyer, and Tim Kreider, among others, who will give a unique perspective on the overwhelming cultural pressure of parenthood. *Selfish, Shallow, and Self-Absorbed* makes a thoughtful and passionate case for why parenthood is not the only path in life, taking our parent-centric, kid-fixated, baby-bump-patrolling culture to task in the process. What emerges is a more nuanced, diverse view of what it means to live a full, satisfying life.

As *The Giving Tree* turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a household classic that will now reach an even wider audience. Never before have Shel Silverstein's children's books appeared in a format other than hardcover. Since it was first published fifty years ago, Shel Silverstein's poignant picture book for readers of all ages has offered a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio*, the Lion Who Shot Back. He is also the creator of picture books including *A Giraffe and a Half*, *Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Babbit*. And don't miss these other Shel Silverstein ebooks, *Where the Sidewalk Ends*, and *A Light in the Attic*!

A "entertaining and enlightening" deep dive into the alcohol-soaked origins of civilization—and the evolutionary roots of humanity's appetite for intoxication. (Daniel E. Lieberman, author of *Exercised*) While plenty of entertaining books have been written about the history of alcohol and other intoxicants, none have offered a comprehensive, convincing answer to the basic question of why humans want to get high in the first place. *Drunk* elegantly cuts through the tangle of urban legends and anecdotal impressions that surround our notions of intoxication to provide the first rigorous, scientifically-grounded explanation for our love of alcohol. Drawing on evidence from archaeology, history, cognitive neuroscience, psychopharmacology, social psychology, literature, and genetics, Slingerland shows that our taste for chemical intoxicants is not an evolutionary mistake, as we are so often told. In fact, intoxication helps solve a number of distinctively human challenges: enhancing creativity, alleviating stress, building trust, and pulling off the miracle of getting fiercely tribal primates to cooperate with strangers. Our desire to get drunk, along with the individual and social benefits provided by drunkenness, played a crucial role in sparking the rise of the first large-scale societies. We would not have civilization without intoxication. From marauding Vikings and bacchanalian orgies to sex-starved fruit flies, blind cave fish, and problem-solving crows, *Drunk* is packed with fascinating case studies and engaging science, as well as practical takeaways for individuals and communities. The result is a captivating and long overdue investigation into humanity's oldest indulgence—one that explains not only why we want to get drunk, but also how it might actually be good for us to tie one on now and then.

With a sharp eye for the magnificently absurd, Rod Liddle sets light to modern-day Britain. 'One of Britain's funniest, most daring columnists. If he weren't so offensive you'd almost call him a national treasure' *Mail on Sunday*

We all know that networking is important, and that forming relationships with others is a vital part of success. But sometimes it seems like networking removes all emotions from the equation and focuses only on immediate goals whereas the kind of relationships that have true staying power, give us joy, and support us in the long run are founded on simply liking each other. This book, featuring activities, self-assessment quizzes, and real-life anecdotes from professional and social settings, shows readers how to identify what's likable in themselves and create honest, authentic interactions that become 'wins' for all parties involved. Readers will discover how to: á Start conversations and keep them going with ease á Convert acquaintances into friends á Uncover people's preferences and tweak their own personal style to enable engaging, reciprocal interactions á Create follow-up and stay in others' minds long after the initial meeting The worst thing we can do when trying to establish a personal bond with someone is to come across as manipulative or self-serving. Authentic connections go much deeper and feel much easier than trying to hit self-imposed business card collection quotas. This book presents a new paradigm that shows how even the most networking-averse can network and like it.

Provides an analysis of some of the most traumatic situations involving famine and war of the last two decades, helping us to understand what it takes to be an aid worker and how important humanitarian action is today. Famine and war evoke strong emotional reactions, and for most people there is a limited amount they can do. But the relief worker has to convert emotional responses into practical action and difficult choices - whom to help and how. Their own feelings have to motivate action for others. But can they separate out their own selfish feelings and prejudices in such an emotive climat.

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With all the parenting information out there and the constant pressure to be the “perfect” parent, it seems as if many parents have lost track of one very important piece of the parenting puzzle: raising happy kids. Parenting today has gotten far too complicated. It’s never been the easiest job in the world, but with all the “parenting advice” parents are met with at every corner, it’s hard not to become bewildered. It seems that in the past it was a good deal simpler. You made sure there was dinner on the table and the kids got to school on time and no one set anything on fire, and you called it a success. But today everybody has a different method for dealing with the madness--attachment parenting, free-range parenting, mindful parenting. And who is to say one is more right or better than another? How do you choose? The truth is that whatever drumbeat you march to, all parents would agree that we just want our kids to be happy. It seems like a no-brainer, right? But in the face of all the many parenting theories out there, happiness feels like it has become incidental. That’s where *The Happy Kid Handbook* by child and adolescent psychotherapist and parenting expert Katie Hurley comes in. She shows parents how happiness is the key to raising confident, capable children. It’s not about giving in every time your child wants something so they won’t feel bad when you say no, or making sure that they’re taking that art class, and the ballet class, and the soccer class (to help with their creativity and their coordination and all that excess energy). Happiness is about parenting the individual, because not every child is the same, and not every child will respond to parenting the same way. By exploring the differences among introverts, extroverts, and everything in between, this definitive guide to parenting offers parents the specific strategies they need to meet their child exactly where he or she needs to be met from a social-emotional perspective. A back-to-basics guide to parenting, *The Happy Kid Handbook* is a must-have for any parent hoping to be the best parent they can be.

Learn why it’s okay to have a big family. *Selfish Reasons to Have More Kids* (2011) is the parenting book you weren’t expecting. Part genetic research and part parenting guide, this book is the brainchild of father and economist Bryan Caplan. Caplan believes that the stress of modern parenting can be summarized in a nutshell: modern parents stress themselves out because they feel pressured to be perfect parents. *Selfish Reasons to Have More Kids* explains how and why you can release yourself from that pressure. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries.

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New York Times bestselling psychologist Dr. Meg Jay uses real stories from real lives to provide smart, compassionate, and constructive advice about the crucial (and difficult) years we cannot afford to miss. Our "thirty-is-the-new-twenty" culture tells us the twentysomething years don't matter. Some say they are a second adolescence. Others call them an emerging adulthood. Dr. Meg Jay, a clinical psychologist, argues that twentysomethings have been caught in a swirl of hype and misinformation, much of which has trivialized what is actually the most defining decade of adulthood. Drawing from almost two decades of work with hundreds of clients and students, *The Defining Decade* weaves the latest science of the twentysomething years with the behind-closed-doors stories from twentysomethings, themselves. The result is a provocative read that provides the tools necessary to make the most of your twenties, and shows us how work, relationships, personality, social networks, identity, and even the brain can change more during this decade than at any other time in adulthood—if we use the time wisely. *The Defining Decade* is a smart, compassionate and constructive book about the years we cannot afford to miss.

Pathological Altruism is a groundbreaking new book - the first to explore the negative aspects of altruism and empathy, seemingly uniformly positive traits. In fact, pathological altruism, in the form of an unhealthy focus on others to the detriment of one's own needs, may underpin some personality disorders. Hyperempathy - an excess of concern for what others think and how they feel - helps explain popular but poorly defined concepts such as codependency. The contributing authors of this book provide a scientific, social, and cultural foundation for the subject of pathological altruism, creating a new field of inquiry. Each author's approach points to one disturbing truth: what we value so much, the altruistic "good" side of human nature, can also have a dark side that we ignore at our peril.

NATIONAL BESTSELLER What would actually make America great: more people. If the most challenging crisis in living memory has shown us anything, it’s that America has lost the will and the means to lead. We can’t compete with the huge population clusters of the global marketplace by keeping our population static or letting it diminish, or with our crumbling transit and unaffordable housing. The winner in the future world is going to have more—more ideas, more ambition, more utilization of resources, more people. Exactly how many Americans do we need to win? According to Matthew Yglesias, one billion. From one of our foremost policy writers, *One Billion Americans* is the provocative yet logical argument that if we aren’t moving forward, we’re losing. Vox founder Yglesias invites us to think bigger, while taking the problems of decline seriously. What really contributes to national prosperity should not be controversial: supporting parents and children, welcoming immigrants and their contributions, and exploring creative policies that support growth—like more housing, better transportation, improved education, revitalized welfare, and climate change mitigation. Drawing on examples and solutions from around the world, Yglesias shows not only that we can do this, but why we must. Making the case for massive population growth with analytic rigor and imagination, *One Billion Americans* issues a radical but undeniable challenge: Why not do it all, and stay on top forever?

“This book made me happy in the first five pages.” —AJ Jacobs, author of *The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible* Award-winning author Gretchen Rubin is back with a bang, with *The Happiness Project*. The author of the bestselling *40 Ways to Look at Winston Churchill* has produced a work that is “a cross between the Dalai Lama’s *The Art of Happiness* and Elizabeth Gilbert’s *Eat, Pray, Love*.” (Sonya Lyubomirsky,

Online Library Selfish Reasons To Have More Kids Why Being A Great Parent Is Less Work And More Fun Than You Think

author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*) In the vein of Julie and Julia, *The Happiness Project* describes one person's year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

A groundbreaking theory of personality. The author of the controversial book *The Nurture Assumption* tackles the biggest mystery in all of psychology: What makes people differ so much in personality and behavior? It can't just be "nature and nurture," because even identical twins who grow up together—same genes, same parents—have different personalities. And if psychologists can't explain why identical twins are different, they also can't explain why each of us differs from everyone else. Why no two people are alike. Harris turns out to be well suited for the role of detective—it isn't easy to pull the wool over her eyes. She rounds up the usual suspects and shows why none of the currently popular explanations for human differences—birth order effects, for example, or interactions between genes and environment—can be the perpetrator she is looking for. None of these theories can solve the mystery of human individuality. The search for clues carries Harris into some fascinating byways of science. The evidence she examines ranges from classic experiments in social psychology to cutting-edge research in neuroscience. She looks at studies of twins, research on autistic children, observations of chimpanzees, birds, and even ants. Her solution is a startlingly original one: the first completely new theory of personality since Freud's. Based on a principle of evolutionary psychology—the idea that the human mind is a toolbox of special-purpose devices—Harris's theory explains how attributes we all have in common can make us different. This is the story of a scientific quest, but it is also the personal story of a courageous and innovative woman who refused to be satisfied with "what everyone knows is true."

Does your kid never take no for an answer and demand things go his way? Do her theatrics leave you drained at the end of the day? Are you resorting to bribes and threats to get your kid to do chores? Does he cheat, complain, or blame others for his problems? Do you feel you're running a hotel instead of a home? Are you starting to feel like your child's personal ATM machine? What happened? You thought you were doing the best for your child and didn't set out to raise a selfish, insensitive, spoiled kid. In her newest book, *Don't Give Me That Attitude!* parenting expert Michele Borba offers you an effective, practical, and hands-on approach to help you work with your child to fix that very annoying but widespread youthful characteristic, attitude. If you have a child who is arrogant, bad-mannered, bad-tempered, a cheat, cruel, demanding, domineering, fresh, greedy, impatient, insensitive, irresponsible, jealous, judgmental, lazy, manipulative, narrow-minded, noncompliant, pessimistic, a poor loser, selfish, uncooperative, ungrateful, or unhelpful, this is the book for you!

Have you ever thought about what your life would be like if it revolved around you? *Me First: A Deliciously Selfish Take on Life* is an unapologetic and hilarious perspective on what it takes to get to the top and to live life on your own terms. Before making any big decision such as getting into a relationship or choosing a career path—you will start with the most important question: What do I want? The second question you will ask is: How does this decision, action, or choice benefit me directly? If it's not what you want or does not benefit you directly, don't do it. At the heart of *Me First* is the belief that YOU deserve to be happy and fulfilled. Its "Delish-isms" will show you how to become the number one priority in your life and become smarter and more strategic about your relationships, career, health, and finances. Every chapter also contains "Kick Starters" to help you get moving in the right direction. How selfish, right? Absolutely! A deliciously selfish life means taking a step back from the craziness to figure out who you are and what you want, and once you do, to own it. Because the only person holding you back from getting what you want is you.

Appealing to humans' basic instincts to increase influence, buy-in and results *Survival of the species* comes down to three basic instincts, say behavioural research strategists Dan Gregory and Kieran Flanagan—fear, self-interest and simplicity. These basic human behaviours come into play in all types of relationships, including those between businesses and customers. *Selfish, Scared and Stupid: Stop fighting human nature and increase your performance, engagement and influence*, demystifies these behaviours and examines the psychology behind why even the best ideas sometimes fail. This book helps businesses design their organisations for reality rather than perfection, and also offers strategies to head off unprecedented levels of disengagement within, and outside, the business. It answers baffling questions around why the public sometimes fails to engage despite overwhelming data suggesting otherwise, why so many new products end up on clearance shelves and why so many great salespeople often fall short of their monthly targets. Learn how the survival of the species plays into business, including delusionary realities and the reasons ideas can fail Discover how to offer customers strategic rewards, thereby making the buying process more attractive to selfish natures Examine the link between fear and the unknown, including strategies for quelling fears and turning them into action Learn to use a simple mindset to create low-involvement products, helping appeal to instinct and making products hard to resist This provocative book is built on the idea that businesses must return to a more human engagement methodology in order to succeed. It is an informative read for anyone interested in improving influence, growing business reach, improving sales figures or understanding the complexities of human behaviour.

They're among us, but they are not like us. They manipulate, lie, cheat, and steal. They are irresistibly charming and accomplished, appearing to live in a radiance beyond what we are capable of. But narcissists are empty. No one knows exactly what everyone else is full of--some kind of a soul, or personhood--but whatever it is, experts agree that narcissists do not have it. So goes the popular understanding of narcissism, or NPD (narcissistic personality disorder). And it's more prevalent than ever, according to recent articles in *The New York Times*, *The Atlantic*, and *Time*. In bestsellers like *The Narcissism Epidemic*, *Narcissists Exposed*, and *The Narcissist Next Door*, pop psychologists have armed the normal with tools to identify and combat the vampiric influence of this rising population, while on websites like *narcissismsurvivor.com*, thousands of people congregate to swap horror stories about relationships with "narcs." In *The*

Selfishness of Others, the essayist Kristin Dombek provides a clear-sighted account of how a rare clinical diagnosis became a fluid cultural phenomenon, a repository for our deepest fears about love, friendship, and family. She cuts through hysteria in search of the razor-thin line between pathology and common selfishness, writing with robust skepticism toward the prophets of NPD and genuine empathy for those who see themselves as its victims. And finally, she shares her own story in a candid effort to find a path away from the cycle of fear and blame and toward a more forgiving and rewarding life.

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